

# Moving On: Life After Breast Cancer

## ***Support and Information for a Healthy Survivorship***

We invite you to join us for this **free** seven-week program. You'll learn important information and get the support you need to help you live your best life.

This program is open to all breast cancer survivors in the community, regardless of where you were treated.

### **Topics include:**

Your Survivorship Plan

Transitioning from Patient to Survivor

Exercise | Nutrition | Fatigue

Memory and Concentration

Lymphedema | Osteoporosis Prevention

Stress Management | Hormones and Hot Flashes

Sexuality, Body Image, and Relationships

Medical Surveillance | Fears of Recurrence



stlukesonline.org



## **2015 Fall Sessions**

### **St. Luke's Anderson Center, Boise**

190 E. Bannock

**Friday, Nov 6, 3-6:30 p.m. and**

**Saturday, Nov. 7, 9 a.m.-4 p.m.**

### **St. Luke's MSTI, Meridian**

3080 Gentry Way

**Wednesdays, 4:30-6 p.m.**

**September 9th-Oct 21st**

*Sessions will also be  
offered in Spring 2016.*